

Army Physical Training Standardization

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PREFACE

The physical fitness of soldiers is acquired through the challenge of a precise, progressive and integrated physical training program. Few recruits enter the Army physically fit for the arduous duties ahead of them. The softening influences of our modern society make the challenge of conditioning soldiers more important than ever before. A well-conceived plan of mass military physical training must be an integral part of every unit-training program.

This manual is descriptive in nature and adaptable to unit missions as well as individual capabilities. It is definitive enough to guide leaders in the progression toward achieving unit physical fitness through the conditioning of all soldiers in the areas of strength, endurance and mobility. This manual is precise in its description of physical training activities and provides leaders guidance on the planning and execution of programs that ensure individual soldiers and units are physically fit.

The United States Army Physical Fitness School is the “specified proponent” for Army Physical Fitness IAW AR 5-22, The Army Proponent System. AR 350-1, Army Training and Education, outlines the Army physical fitness program. To contact the school, send e-mail to:

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